

CLAIMS

1. A user-actuated anterior shoulder stretching device including:
 - a pair of laterally extending swing-arms linked to pivot rearwardly in unison, each swing-arm being pivotably mounted at its proximal end and being adapted to receive a hand or wrist or forearm of a user at its distal end;
 - a user-actuated mechanism for pivoting the swing-arms rearwardly in unison to thereby stretch the anterior shoulder of the user.
- 10 2. A user-actuated anterior shoulder stretching device as claimed in claim 1, wherein the user-actuated mechanism is leg-actuated.
- 15 3. A user-actuated anterior shoulder stretching device as claimed in claim 2, wherein the user-actuated mechanism is pressed away from the user during stretching.
- 20 4. A user-actuated anterior shoulder stretching device as claimed in claim 1, wherein the device further includes a collar mounting post, said collar mounting post having a collar slidably mounted thereon, a pair of link members pivotably mounted to the collar, each link member being pivotably mounted to a respective swing arm.
- 25 5. A user-actuated anterior shoulder stretching device as claimed in claim 1, wherein each swing arm includes an arm supporting assembly slidably mounted thereon.

6. A user-actuated anterior shoulder stretching device as claimed in claim 5, wherein the arm supporting assembly includes an elbow or forearm supporting platform, and a handgrip which can be rotated relative to the elbow 5 or forearm supporting portion about an axis which is substantially parallel to the length of the swing-arm.

7. A user-actuated anterior shoulder stretching device as claimed in claim 1, wherein the user-actuated mechanism is manually actuated.

8. A user-actuated anterior shoulder stretching device as claimed in claim 7, wherein the user-actuated mechanism includes an electric motor.